



Smoked Salmon and Cream Cheese Roll-ups

READY IN



45 min.

SERVINGS



8

CALORIES



160 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 oz cream cheese
- ☐ 8 oz cucumber english rinsed very thinly sliced
- ☐ 2 tablespoons parsley chopped
- ☐ 4 oz onion red very thinly sliced
- ☐ 12 ounces salmon smoked
- ☐ 8 servings salt and pepper
- ☐ 2 pieces flat parsely soft (13 by 18 in. each)

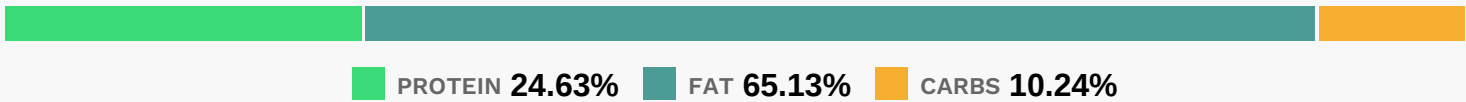
Equipment

- ☐ knife
- ☐ plastic wrap
- ☐ spatula

Directions

- ☐ Place one piece of lahvosh on a sheet of plastic wrap. With a flexible spatula or a knife, spread about 1/2 cup cream cheese in a thin, even layer over entire surface of bread.
- ☐ Sprinkle with 1 tablespoon parsley, then lightly with salt and pepper. Arrange half the smoked salmon slices on top, leaving a 1-inch border along short ends of lahvosh. Arrange half the cucumber and onion slices evenly over salmon.
- ☐ Beginning at a short end, roll lahvosh as tightly as possible, taking care not to push filling forward as you go. Wrap tightly in plastic wrap. Repeat to fill, roll, and wrap second lahvosh. Chill rolls for at least 1 hour or up to 8 hours.
- ☐ Unwrap rolls and trim off about 1 inch from each end (save to eat later).
- ☐ Cut each roll into eight equal pieces and arrange on a platter.

Nutrition Facts



Properties

Glycemic Index:22.88, Glycemic Load:0.85, Inflammation Score:-5, Nutrition Score:9.306521659312%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg

Nutrients (% of daily need)

Calories: 159.95kcal (8%), Fat: 11.65g (17.92%), Saturated Fat: 6.14g (38.37%), Carbohydrates: 4.12g (1.37%), Net Carbohydrates: 3.7g (1.35%), Sugar: 2.15g (2.39%), Cholesterol: 38.41mg (12.8%), Sodium: 619.23mg (26.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.91g (19.82%), Vitamin D: 7.27µg (48.48%), Vitamin B12: 1.45µg (24.14%), Selenium: 16.37µg (23.39%), Vitamin K: 21.74µg (20.71%), Phosphorus: 111.81mg (11.18%), Vitamin A: 532.02IU (10.64%), Vitamin B3: 2.1mg (10.48%), Vitamin B6: 0.16mg (8.17%), Vitamin B2: 0.12mg (7.21%), Vitamin B5:

0.63mg (6.27%), Copper: 0.12mg (6.11%), Vitamin E: 0.84mg (5.58%), Potassium: 180.09mg (5.15%), Calcium: 41.69mg (4.17%), Magnesium: 15.88mg (3.97%), Vitamin C: 3.17mg (3.85%), Iron: 0.57mg (3.16%), Manganese: 0.05mg (2.72%), Zinc: 0.37mg (2.45%), Folate: 9.66µg (2.41%), Vitamin B1: 0.03mg (2.13%), Fiber: 0.42g (1.68%)